Info Trak

Weekly Public Affairs Program

Date aired: _____ Time Aired: _____

Show # 2024-04   Total running time: 29:30 (with optional exit at 24:00)

1. **Vijay Boyapati,** Bitcoin expert, author of "*The Bullish Case for Bitcoin*"

    Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

    Issues covered: *Length: 8:58*
    Digital Currencies
    Personal Finance

2. **Laura Stack,** founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

    Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

    Issues covered: *Length: 8:15*
    Substance Abuse
    Parenting

3. **Penelope Larsen**, researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New South Wales, Australia

    Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.

    Issues covered: *Length: 5:01*
    Personal Health